

Boston's Age Strong Commission

Weekly Digest

November 29-December 5, 2021

Information & opportunities for Boston's older adults

WEEKLY DIGEST
Table of Contents

[Events](#)

[November 29-
December 5](#)

[Covid Booster
Shots](#)

[Age Strong Shuttle](#)

[Medicare Savings
Programs](#)

Happy Thanksgiving to all of our friends and partners. We are thankful for all of you!
-The Age Strong Commission Team

Am I eligible for a COVID-19 booster shot?

Who?

Individuals **18+** who are fully vaccinated



When?

- At least 6 months after Pfizer or Moderna
- At least 2 months after J&J

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster

ENCHANTED TROLLEY TOUR AND TREE LIGHTINGS

Friday, December 3 | 5:30 - 7 p.m.
Mattapan, Readville, and West Roxbury

Saturday, December 4 | 1 - 6:45 p.m.
Dorchester, Jamaica Plain, Mission Hill, Roxbury, South End, and Brighton

Sunday, December 5 | 1 - 7 p.m.
South Boston, Chinatown, North End, Charlestown, East Boston, and Dorchester

Stay Connected to Age Strong:

City Hall, Room 271

1 City Hall Square

Boston, MA 02201

617-635-4366

agestrong@boston.gov

boston.gov/agestrong



@AgeStrongBos

AGE+

City of Boston
Age Strong
Commission



MONDAY, NOVEMBER 29

9:30am

Age Strong Commission Virtual Chair Yoga

Click [here](#) to attend via Zoom.

11am

Age Strong Commission Virtual Zumba

Click [here](#) to attend via Zoom.

5pm

Copley Square Tree Lighting

560 Boylston Street, Back Bay

Click [here](#) for more information.

5:30pm

BPL: Reading Frederick Douglass Together

Boston Public Library, Roxbury Branch

149 Dudley Street, Roxbury

Click [here](#) for more information.

6pm

BPL Virtual: An Afro-Indigenous History of the United States by Kyle T. Mays

Click [here](#) to register & for more information.

TUESDAY, NOVEMBER 30

10:30am

BPL Virtual: Career Skills: Resume Writing

Click [here](#) to register & for more information.

11:30am

Age Strong Commission Virtual Latin Dance

Click [here](#) to attend via Zoom.

WEDNESDAY, DECEMBER 1

11:30am

Age Strong Commission Virtual Yoga

Click [here](#) to attend via Zoom.

12noon-3pm

Free Legal Immigration Consultations

Mayor's Office of Immigrant Advancement

Click [here](#) for more information.

1pm

Recipe Box Gathering

Boston Public Library, Roxbury Branch

149 Dudley Street, Roxbury

Click [here](#) for more information.

3pm

BPL Virtual: Shelf Service Live

Personalized Reading Recommendations from BPL Librarians

Click [here](#) to register & or more information.

THURSDAY, DECEMBER 210am***BPL Virtual: Digital Skills for Everyday Tasks***Click [here](#) to register & for more information.5:30pm***BPL: The Hedgehogs Winter Concert***

Boston Public Library, Brighton Branch

40 Academy Hill Road, Brighton

Click [here](#) to register & for more information.6pm***BPL Virtual: Book Group: Say Nothing
by Patrick Radden Keefe***Click [here](#) to register & for more information.6pm***Boston Common Tree Lighting***

139 Tremont Street, Boston Common

Click [here](#) for more information.7pm***Kanopy Club: Kanopy Club: A
Scanner Darkly***Click [here](#) to register & for more information.8pm***Lighting of Commonwealth Avenue Mall***

15 Commonwealth Avenue, Back Bay

Click [here](#) for more information.**FRIDAY, DECEMBER 3**11:30am***Age Strong Commission Virtual
Meditation***Click [here](#) to join via Zoom.4pm***BPL: Virtual: Friday Unwind: Gentle
Yoga with Hands to Heart Center***Click [here](#) to register & for more information.5:30-8pm***Mayor's Enchanted Trolley Tour***5:30, Mattapan Square6:15, Wolcott Square, Readville7, Hastings Street Lot, Centre Street, West
RoxburyClick [here](#) for more information.**SATURDAY, DECEMBER 4**All Day***Boston Public Library Re-Opening
Roslindale Branch***

4246 Washington Street, Roslindale

Click [here](#) for more information.10am-4pm***City-Wide Friends Book Sale***Friends of the Boston Public Library
Central Branch

700 Boylston Street, Copley Square

Click [here](#) for more information.



1-8pm

Mayor's Enchanted Trolley Tour

1:00, Codman Square, Dorchester

1:45, Hyde Square, Jamaica Plain

2:30, J.P. Monument, Jamaica Plain

3:30, Brigham Circle, Mission Hill

4:15, Bolling Building, Roxbury

5:30, Blackstone Square, South End

6:45, Oak Square, Brighton

Click [here](#) for more information.

SUNDAY, DECEMBER 5

1-8pm

Mayor's Enchanted Trolley Tour

1:00, M Street Park, South Boston

2:00, Beach Street and Harrison Avenue,
Chinatown

3:00, Paul Revere Mall, North End

4:00, Thompson Square, Charlestown

5:00, Maverick Square, East Boston

7:00, Adams Corner, Dorchester

Click [here](#) for more information.



**BECOME AN AGE STRONG
RSVP VOLUNTEER!**

Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

To sign up, contact

Age Strong at 617-635-4366 or
email agestrong@boston.gov.



ARE YOU HAVING A TOUGH TIME PAYING YOUR MORTGAGE? WE CAN HELP.



The Boston Home Center offers Foreclosure Prevention and Intervention Counseling and Home Preservation Services.

Our services are free and confidential.

**CALL 617-635-4663 OR EMAIL
HOMECENTER@BOSTON.GOV
FOR ASSISTANCE.**



FIGHT THE FLU IN BOSTON



Everyone six months and older should get the flu vaccine.

If you do not have health insurance, call the Mayor's Health Line at (617) 534-5050 or toll-free at (800) 847-0710. BPHC will be offering vouchers for free flu vaccines to uninsured or underinsured adults. If you have questions about the flu call the Infectious Disease Bureau at (617) 534-5611.

We are here to help! All calls are free and confidential.





Are you in need of a companion?

The Age Strong Commission's AmeriCorps Senior Companion Volunteers are trained & ready to help. Senior Companions serve as a friend/companion one-on-one in an older adult & home. They provide assistance & friendship to older adults who have difficulty with daily living tasks. To learn more about our Senior Companion program click [here](#).



Age Strong Shuttle

Did you know Boston's older adults qualify for free rides on the Age Strong Shuttle?

We offer free wheelchair-accessible transportation to non-emergency doctor appointments. Call 617-635-3000 for more information.



Become a part of the Age Strong team!

Interested in working for Age Strong? We are hiring! Work with a great team advocating for Boston's older adults.

Check out our new career opportunities page to learn more [here](#).

Medicare Savings Programs in 2022

If you are a Massachusetts resident on Medicare with limited income and assets, you may qualify for help paying your Medicare costs. MassHealth offers Medicare Savings Programs, also known as MassHealth Buy-In (MHBI) to help with these costs.

A Medicare Savings Program can help pay some out-of-pocket costs, including:

- your monthly Medicare Part B premium (currently deducted from your Social Security benefit)
- prescription drug costs through the Part D Extra Help program, which you automatically qualify for with a Medicare Savings Program
- in certain cases, your out-of-pocket Part A and Part B costs, such as coinsurance and deductibles
- in certain cases, your Part A premium, if you have one

See if you qualify by calling Boston's Age Strong Commission to make an appointment with an advocate at 617-635-4366.



ROSLINDALE BRANCH LIBRARY Ribbon-Cutting Ceremony

SAVE THE DATE:
SATURDAY MORNING,
DECEMBER 4

Roslindale Branch of the
Boston Public Library
4246 Washington St., Roslindale, MA 02130

Masks are required inside the building

